

## **1. Mind Management & Positive Thinking**

Date of Event – 07.06.2023 - 08.06.2023

Day of Event – Wednesday-Thursday

Approx. Time – 2 hrs

No. of attending students – 100

Resource Person - Dr. Aakash Wankhede (Good Life Healing Centre)

### **Details of the event**

The objective for this seminar was to develop soft skills and basic requirements in the corporate so that they become dynamic in time of their skill set. It was conducted in collaboration with Good Life Healing Centre. The seminar highlighted the need for Mindfulness which is the ability to be present and aware of your thoughts, feelings, and actions in any situation.

